

**HERPICIDE**

This strong, dust-tight carton, packed by machinery at the refinery, is appreciated by particular housewives not only for its perfect cleanliness but for its convenience. Just cut off the corner and pour out the sugar as you need it.

**Lantic Sugar**

"The All-Purpose Sugar"

2 and 5-lb cartons  
10 and 20-lb bags

Send us a set full trademark for FREE Cook Book

ATLANTIC SUGAR REFINERIES, LTD.

Power Building  
Montreal

**HERPICIDE**

Applications at the better health shops  
Guaranteed by The Herpicide Co.  
Sole Distributors

**Clear, Peachy Skin Awaits Anyone Who Drinks Hot Water**

Says an inside bath, before breakfast helps us look and feel clean, sweet, fresh.

Sparkling and vivacious—merry, bright, alert—a good, clear skin and a natural, rosy, healthy complexion are assured only by pure blood. If only every man and woman could be induced to adopt the morning inside bath, what a gratifying change would take place. Instead of the thousands of sickly, anemic looking men, women and girls with pasty or muddy complexions; instead of the multitudes of "nerve wreckers," "rindowns," "brain fags" and "neurotics," we should see a virile, optimistic throng of rosy-cheeked people everywhere.

An inside bath is had by drinking each morning, before breakfast, a glass of real hot water with a teaspoonful of limestone phosphate in it to wash from the stomach, liver, kidneys and ten yards of bowels, the previous day's indigestible waste, sour fermentations and poisons, thus cleansing, sweetening and freshening the entire alimentary canal before putting more food into the stomach.

Those subject to sick headaches, biliousness, nasty breath, rheumatism, colds; and particularly those who have a pallid, sallow complexion and who are constipated very often, are urged to obtain a quarter pound of limestone phosphate, at the drug store, which will cost but a trifle, but is sufficient to demonstrate the quick and remarkable change in both health and appearance. Swallowing those who practice internal sanitation. We must remember that inside cleanliness is more important than outside, because the skin does not absorb impurities to contaminate the blood while the pores in the thirty feet of bowels do.

**RUSSIAN RAILWAY PROJECT**

40,000 Miles of New Line in Ten Years.

Paris, Feb. 7.—Claude Anet, telegraphing from Petrograd to the "Petit Parisien" says: Several railway lines have been constructed during the past two years, of which the most important is that on the side of St. Moran (Lapland), which leads to Nola.

The Government has elaborated a big project for the development of the Russian and Serbian lines. This new scheme contemplates the construction of an additional 40,000 miles of railway, the plan of construction covering a distance of 4,000 miles per annum over a period of ten years.

In connection with this gigantic scheme the creation of several large Government iron foundries and special training establishments will be necessary. Parallel with the canal and existing roads, the Government will construct a number of bridges and new highways.

The execution of this work will be commenced immediately after the declaration of peace. Russia will emerge in a transformed condition and will be able to cope with the great Western Powers in the matter of equipment. The project has left the Ministry of Ways and Communications and is now under the consideration of the Ministry of Finance.

A pretty marriage was solemnized at the home of Mr. and Mrs. John Gilmour, London, on Jan. 15th, when Charlotte, their eldest daughter, became the bride of Arch. H. Duns, only son of Mr. and Mrs. William Duns, Camden East.

**THE CONFESSIONS OF ROXANE**  
(By Frances Walter)

I AM UTTERLY LONELY AND UTTERLY MISERABLE

(Copyright, 1916, by the McClure Newspaper Syndicate.)

My attendant took me at my word and remained invisible the remainder of the afternoon and evening, although my dinner was conveyed to me in the same strange manner in which my breakfast had been brought to me, the only difference was that when the mysterious wail had appeared and disappeared the woman was nowhere to be seen. At first I felt relieved, that she had obeyed my wish and had kept out of my sight, but before very long my solitude began to weigh heavily upon me, and I felt that the presence of anyone, even that of my jailer-attendant, would be welcome. But my pride prevented me from summoning her. Not for worlds would I have pressed the button in the dresser drawer, although I felt that if I had done so the woman would instantly have come into the room.

It was in vain that I attempted to taste the food which had been brought in on the table. Under ordinary circumstances I could have done as simple justice to such a meal as could any healthy woman, but the mystery which had been deepening about me since the night before, together with the gathering gloom, which a glance through the skylight told me, betokened early darkness. I had not served to depress me as I had not been depressed since my captivity began. One result was that my appetite had vanished. I took one mouthful of the luscious steak before me, but it seemed to choke me, and I was glad when I had swallowed it. A sip of coffee was all I could take, although a few moments before I had thought its aroma delicious. I had thought it was that I was rapidly becoming a victim to my misfortune, and that unless I could shake off the feeling of melancholy which was settling upon me I soon would descend to the depths of despair.

I shuddered when I thought of trying to sleep. Fear gripped me whenever my mind suggested that it was time to retire. I felt that it would be impossible for me to get into that high, old-fashioned bed and surrender myself to unconsciousness, for what might not happen to me while I was in the land of slumber? I shuddered when I thought of the noiseless door and of who might be on the other side of it waiting for sleep to overpower me so that he could enter. I determined that I would not lay my head upon the pillow that night; that I would keep an all-night vigil, and that, if necessary, I would thereafter sleep in the daytime and remain awake at night.

With this determination, strong within me, I pushed the great arm chair closer to the light and took up some of the magazines which my attendant had brought me when she came with the dinner table. I had directed her to keep the reading matter out of the room, but she had disobeyed me and now I was glad that she had. Even though I could not become absorbed in anything which the magazines contained it was possible that I would be able to concentrate my mind on some of the articles, or stories to such an extent that I would be able to keep awake. But I made a poor job of reading, even though my tingling nerves prevented me from becoming in the least bit drowsy. My mind wandered continually from the printed page and soared away to the realm of speculation or turned backward to the time when I was living in fanciful security in my own home. I marvelled now that I could have thought myself unhappy. The great truth that happiness and good fortune are all relative terms was borne in upon my mind. I had thought that with Arthur I was extremely miserable and that at times I had reached the point when I thought that I was the most miserable of women. But behold me now! Compared to my present plight my former existence was nothing short of heaven itself. How I hated myself because I had not tried harder to be happy with Arthur and had not tried harder to make him happy with me. I wondered what his first thought would be that I had become dissatisfied and that I had gone to my mother's home, but how long would he seek me in New York before concluding that I had left him in a moment of pique? And when he received the telegram from mother telling him that I had not come home, what would he think? And what would my poor mother think when she learned that I had left my own home and had not gone to her? One of the most terrible things about misfortune is that it seldom comes without affecting one's dear ones also. This was the case with me. I trembled when I thought of what might be the effect of my disappearance upon my mother.

The intensity of my feelings made me almost frantic, but the emotions were too acute to continue, and presently the reaction came. I remembered that I would not sleep, and then I lost consciousness.

(To Be Continued.)

**Told In Twilight**

(Continued from Page 3.)

Among those present at the Skating Club on Saturday evening were: Mr. and Mrs. Harold Lewis, Mrs. E. O. Sweezy, Miss Bessie Farrell, Miss Mildred Jones, Miss Marion Leslie, Miss Mamie Garrett, Miss Mildred Jones, Miss Mamie Anglin, Miss Ruth Anglin, Miss Mabel Richardson, Miss Doris Folger, Miss Margaret Hemming, Miss Margaret Cunningham, Miss Isobel Fraser and Messrs. M. B. Baker, P. C. Lyman, E. C. Gilder, L. F. Goodwin, H. C. Hovey, Rogers, Duguid, Chown, Philip Wiles, Houghton, McTavish and Captains Kidd, Rhodes and Adams.

Colonel and Mrs. C. N. Parrenu entertained at dinner on Saturday in honor of Professor and Mrs. Poulton Bigelow.

Mrs. A. W. Brown, Barrie street, entertained the Bridge Club on Monday afternoon.

Carroll Ashby is in town from Ottawa.

Miss Mary Strange, Sydenham street, left on Saturday for Toronto to visit her aunt, Mrs. Macleannan.

Mrs. J. J. Penhale, who is the guest of Mrs. P. G. C. Campbell, George street, leaves tomorrow for her home in Sherbrooke.

Miss Doris Browne, Kensington Place, left on Sunday for Ottawa.

Miss Ferna Halliday, Guelph, has been a guest at Queen's Residence this week.

Mrs. Victor Rivers, Ottawa, has been visiting her mother, Mrs. C. F. Gidderstone, King street.

Miss Adam Adams, Alfred street, is visiting her sister, Mrs. John Bolard, 165 Patterson avenue, Ottawa.

Mrs. O'Hara, Kingston, has arrived in Toronto, and is staying at No. 1, The Plaza Apartments, Jarvis street.

The engagement is announced in England of Miss Olwen Lloyd-George, daughter of the Prime Minister of Great Britain, to Captain T. G. Carey-Evans. The marriage will take place in the autumn.

Miss Tena Jackson, Queen street, spent a few days this week in Gananoque.

Lieut. W. K. Macnee spent a few days in Ottawa this week.



**Baby First**

**Fry's Pure Cocoa**

Best since 1728

After play or work in the crisp, wintry air nothing tastes so delicious as a cup of FRY'S Cocoa. Baby knows this. Big folk know it too. Fry's is ALL splendid, body-building nourishment; there is no waste, and it is in such soluble form that the system can immediately assimilate it.

Here is just about the cheapest, most enjoyable and most concentrated food you can buy today, but—

**Remember, nothing will do but FRY'S**

**The Whig's Daily Menu**

**Menu for Thursday**

**BREAKFAST**  
Orange Juice  
Cereal of Choice  
Eggs on Toast  
Flawless Honey  
Coffee or Cocoa

**LUNCHEON OR SUPPER**  
Baked Tomato and Cheese  
Boiled Ham and Potatoes  
Escalloped Apples with Raisins  
Tea or Milk

**DINNER**  
Roast Leg Venison Lash  
Browned White Potatoes  
Cottage Pudding, Lemon Sauce  
Coffee

**Bread Croutons with Hot Milk**  
Materials—Four cups diced bread, 2 cups hot milk, ½ teaspoon salt, 2 eggs.  
Utensils—Saucepan to heat milk, pie tin to brown bread, knife.  
Directions—Stale bread is cut into small dice; put on pie tin in hot oven to toast a slight brown. The milk, salt and butter are put in saucepan and brought to a boil; then poured over the bread and served at once. This is a good way to use up the small stale pieces of bread.

**Apple Slump.**  
Materials—One quart apples, ¼ cup sugar, 1 cup flour, 1 teaspoon baking powder, ¼ teaspoon salt, 1 egg, ½ cup milk, 1 tablespoon butter.  
Utensils—Knives, bakedish, 2 measuring cups, teaspoon, tablespoon, mixing bowl, flour sifter, eggbeater, bowl to beat eggs in.  
Directions—Wash and pare the apples, cut into slices; brush bakedish with butter and put in the apples and sugar; cover with the dough. Place in moderate oven and bake 30 minutes; loosen sides and turn out on plate, dough side down. Serve with warm milk or cream.  
Dough—Sift the flour, baking powder and salt into bowl; add the milk and well-beaten egg; mix well and add the melted butter. Pour over apples.

**Lanark's Warden.**  
Perth, Feb. 6.—Lanark's warden, J. M. Browning, has served ten years continuously at the County Council board. He was born and reared in the township of Lanark, living four miles from Lanark Station, on the Kingston and Pembroke railway. He began his municipal career by herding the township as collector for one year, as clerk for sixteen years, councillor for two years, and Lanark as reeve for ten years. He is popular among his conferees of the council chamber, and under his guidance the affairs of Lanark County should flow on smoothly through 1917.

**Smith's Falls is facing a coal famine.**  
year, as clerk for sixteen years, councillor for two years, and Lanark as reeve for ten years. He is popular among his conferees of the council chamber, and under his guidance the affairs of Lanark County should flow on smoothly through 1917.



**REGARDED AS GOOD OMEN**

**THE RECENT RUMANIAN SUCCESS MOST IMPORTANT.**

The German Plan Was to Seize the Whole Country and Set Up a New Dynasty.

Jassy, Rumania, Feb. 6.—The last push of the Russo-Rumanian armies between Dorna Watra and Casin Valley, although it led to only local successes, is regarded here as a good omen, as it was made under difficult conditions of intense cold and deep snow in a region of practically no roads. These successes show the offensive spirit that prevails among the tired Rumanian troops, which have shown much elan in carrying the enemy's positions at the point of the Anastasiu. The enemy's troops in these regions seem to completely lack adequate clothing. Only a few have warm coats, the majority still wearing light uniforms.

The main question now is whether the Germans are likely to abandon their attempt to seize the remainder of Rumanian territory. In the opinion of Rumanian statesmen the enemy will most certainly resume the struggle with that end in view unless their strength. There are unmistakable indications that the German plan was to seize the whole of Rumania, depose the present monarch, set up a new dynasty and ingratiate themselves with the peasant masses by expropriating the property of the landlords. Hitler's German army have systematically destroyed the property of the large landholders, while the Bulgarians mercilessly slaughtered the inhabitants. Much has been written about the reverses sustained before and after the surrender of Bucharest, but comparatively little is known of the enormous difficulties of the struggle against a foe wielding great superiority in numbers and equipment. The Rumanian armies had lost a large part of their effectiveness in killed and wounded.

John Cooper, Perth, has sold his blacksmithing business to Michael White and has accepted a position with the Globe Graphite Co.

On Saturday the Plum Hollow cheese factory, owned by Harvey Kilburn, was burned. Practically everything was lost.

**Headaches So Severe Eyeballs Fairly Split**

**Nervous Trouble for Five Years and Heart's Action Was Weak—Dr. Chase's Nerve Food the Cure.**

Kingston, Ont., Feb. 7.—This letter will appeal particularly to persons subject to nervous headaches, for the writer suffered almost everything possible in this line.

Nervous headache is one of the first indications that the nervous system is breaking down. The use of headache powders or similar treatments merely afford temporary relief at a terrible expense to the nervous system and serve to silence the warning that is sounded for you to restore the nerves before nervous prostration, paralysis or some form of nervous collapse has developed.

In contrast with each treatment in Dr. Chase's Nerve Food, which removes the cause of trouble by building up the starved and depleted nerve cells. The results may not be so sudden, but the benefits will be lasting, and you will avoid the dreadful consequences of a nervous breakdown.

Mrs. G. Storring, 12 St. Catharines St., Kingston, Ont., writes:

"I have been suffering for the last five years with nervousness, headaches, so that my eyeballs would fairly split, dizziness and weakness of the heart, and a general run-down condition. I doctored for several years with different doctors, but without getting relief. Through reading one of your books I thought that possibly I could get benefit from Dr. Chase's Nerve Food, so I decided to try it. I got one box, took the pills, and feeling better, followed it up with more. Now I am feeling much better, am stronger, and able to get around and do my work without difficulty. I would recommend Dr. Chase's Nerve Food to anyone suffering from nervousness and run-down condition."

Dr. Chase's Nerve Food, 50 cents a box, a full treatment of 6 boxes for \$2.50, at all dealers, or Edmanston, Bawse & Co., Limited, Toronto. Do not be talked into accepting a substitute. Imitations only disappoint.

**For Grippe, For Colds—**

**Hot Lemonade at Bedtime**

MOST children can avoid colds and grippe if a few precautions are taken. In bad weather plenty of hot lemonade followed by a warm night's sleep is a valuable help. Good for grown folks, too.

Be sure the lemons are "Sunkist" and the water is piping hot.

California's **Sunkist** Uniformly Good Lemons

When you order lemons, ask for Sunkist, the uniformly good California lemons. Sunkist are waxy, tart and juicy. See that the clean, crisp tissue wrappers reach you in "Sunkist." They will stay fresh much longer if you leave them in these wrappers until you use them. Always have at least a half dozen in the house.

California Fruit Growers Exchange  
A Co-operative, Non-Profit Organization of 6000 Growers  
Los Angeles, California

**Tea and Coffee**

**OUR SPECIALS**

The wholesale price of tea and coffee has advanced, but we are still selling at the old prices.

**COFFEE**

Our special steel cut at 40c lb.  
Our special blend, fresh ground at 30c lb.

We are safe in saying that these lines cannot be beaten at the price. Try them.

**TEA**

We have a beautiful black tea at 40c lb.  
Our Japans and Ceylons range from 30c to 45c lb.  
Our repeat orders on these lines are a guarantee of their quality.

**J. R. B. Gage,**  
Montreal Street

**HURRAH**

For the Weese Photo Studio.  
Photos All Sizes and Styles.

**FRAMES**

Weese's is the spot for good work. New Designs, Quick Deliveries.

**RIGHT PRICES**

**D. A. WEESE**  
105 PRINCESS STREET  
Photos, Frames, Pictures, Plans.

**Our Stock is Like a River—Always Moving, Ever Changing, Always Fresh.**

Have You Tried Our Sultana Cake, Choice at 30c per lb.  
Plum Cake, 30c each.  
Cocoanut Crisp, 15c doz.  
Short Cakes, 15c doz.  
Rock Cookies, Imperial Cookies  
Plain Cookies, 12c doz.

**P. H. Baker & Co.**  
Phone 141 302 King St.

**Redpath SUGAR**

has sweetened half a century with the same crystal purity that makes it the favorite to-day. Buy it in original packages and be sure of the genuine.

"Let Redpath Sweeten it."

Made in one grade only—the highest!

2 and 5 lb. Cans—  
10, 20, 50 and 100 lb. Bags.